



## The keys to acting in spite of fear:

1. Start by tapping into your faith which is the opposite of fear: False Evidence Appearing Read. Remember 99% of things we worry about never happen. Mark Twain says "I've had many troubles in my life most of which have never happened." And if you look back on your life you can also attest that many things you worry about or didn't know how to do or solve, turned out way better than could have been imagined at the time.
2. Prepare: start to memorize your speech and as you do recite: **"I am retaining this information and I can access it at any time,"** this will rewire your thinking.
3. Practice your speech while timing yourself, so you have a good idea of what you can fit in the allowed time frame. Then remember the key points and practice timing yourself while recording, do with and without notes, using bullets.

**While Preparing: To transform nervous energy and bring yourself back to the present moment where you can get into inspiration and possibility:**

4. Practice deep diaphragmatic breathing (which fills your brain with oxytocin).
5. Ground yourself:
6. Try guided meditation or EFT (emotional, freedom technique) also known as tapping.
7. Right before: Do something physical such as push-ups or jumping jacks and literally shake it out of your body.
8. While waiting to speak; Put everything out of your head, and tap into your body (preparing to move over), do some deep diaphragmatic breathing and recite in your mind; **"I am confident and competent."**
9. Speak to one person: Have you ever listened to a speaker and felt like they were speaking directly to you in that moment? It was exactly what you needed to hear. Trust that there is at least one person that really needs to hear what you are sharing, act as if you are speaking only

to them, look in each of our eyes not knowing who that one person is that needs to hear your message. Allow that focus help your work through your fear.

10. Lastly; get out of the way... The only thing that really holds us back is the EGO (Edging Growth Out™), trying to keep us “safe.” Trust that if you move the ego out of the way, you can be in the present moment and easily tap into your wisdom more naturally. When you get out of the way you make room for possibilities to come through.

**To sum it up:**

**Commit:** Where attention goes energy flows.

**Freak out:** remember fear never goes completely away but we can manage it.

**Prepare:** use these tools to be present and rewire your brain with new data, setting yourself up to win.

**Get out of the way:** Be in the present moment and trust that your wisdom and inspiration will shine through. Trust that, *“if you are being brought to it, you will be brought through it™”*  
Kimarie Machinga.

**I believe in YOU!!!**